
 <p>U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration Center for Mental Health Services</p>	 <p>ADS CENTER Resource Center to Address Discrimination and Stigma BRIDGING THE GAP BETWEEN WHERE WE ARE AND WHERE WE NEED TO BE</p> <p>11420 Rockville Pike, Rockville, MD 20852 1-800-540-0320 stopstigma@samhsa.hhs.gov</p>
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Training Date & Time

**March 30, 2006
(Thursday)**

**3:00PM to 4:30PM
(Eastern Time)**

Free Teleconference Training

Stigma in the Military: Reducing Stigma Among Veterans and Active Duty Personnel

According to a recent article in the *Washington Post* (March 1, 2006; Vedantam, S.; "Veterans Report Mental Distress"), the U.S. Army estimates that more than one in three service personnel returning from Iraq have sought help for mental health problems. More likely to engage in combat and witness the death or wounding of a friend than the veterans of other recent conflicts, soldiers returning from Iraq are experiencing post-traumatic stress disorder (PTSD) at a rate of 12 percent per year. Other illnesses associated with trauma, like depression and anxiety, also take their toll, disrupting sleep, work, and personal relationships. Unfortunately, the impact that combat trauma has on the mental health of U.S. soldiers and veterans is further comp-

licated by the pronounced stigma associated with mental illness in the military. Service members frequently cite fear of personal embarrassment, fear of disappointing comrades, fear of losing the opportunity for career advancement, and fear of dishonorable discharge as motivations to hide the symptoms of mental illness from colleagues, friends and family. This silence and the attitudes and perceptions perpetuating it pose a significant challenge to those charged with making sure that the United States' fighting force is improving and taking care of its own.

Please join us on **Thursday, March 30, 2006**, for a presentation from advocates both within and outside of the U.S. military and the U.S. Department of Veterans Affairs working to counter stigma and reverse the fear that causes soldiers and veterans to incorrectly associate mental illness with personal and professional failure.

For more information about this training, or to register as a participant, please see the *Trainings* section of the SAMHSA ADS Center web site, <http://www.stopstigma.samhsa.gov>.

About the ADS Center

The SAMHSA ADS Center helps people design, implement, and operate programs that reduce stigma and discrimination associated with mental illnesses. With the most up-to-date research and information, the ADS Center provides assistance to individuals, organizations, and governments countering such stigma in the community, in the workplace, and in the media.

This teleconference is sponsored by the SAMHSA ADS Center, a project of the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services. The training is free to all participants.

Subscribe to receive our monthly update by sending an e-mail to stopstigma@samhsa.hhs.gov or by calling an ADS Center representative at 800-540-0320. If you would like to comment on the materials included here, please send an e-mail to stopstigma@samhsa.hhs.gov, or write to Resource Center to Address Discrimination and Stigma Associated With Mental Illness; Informational Updates; 11420 Rockville Pike; Rockville, MD 20852

SAMHSA Resource Center to Address Discrimination and Stigma
www.stopstigma.samhsa.gov